



# **Doctors Are More Harmful Than Germs: How Surgery Can Be Hazardous to Your Health - And What to Do About It**

*Harvey Bigelsen M.D.*

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## **Doctors Are More Harmful Than Germs: How Surgery Can Be Hazardous to Your Health - And What to Do About It** Harvey Bigelsen M.D.

Most people would consider a knife wound to the stomach a serious health risk, but a similar scalpel wound in an operating room is often shrugged off. In *Doctors Are More Harmful Than Germs*, Dr. Harvey Bigelsen explains how today's medical doctors overprescribe surgery and ignore its long-term health implications. Any invasive medical procedure, he argues—including colonoscopies and root canals—creates inflammation in the body, leading to serious and long-lasting health problems.

Inflammation, according to Dr. Bigelsen, is the real cause of all chronic disease (persistent or long-lasting illness). Noting that Western medicine has yet to “cure” a single chronic disease, Bigelsen points to a new paradigm: one that treats each patient as an individual (rather than as a set of symptoms), avoids further damage to the body through surgery, and looks for the root cause of chronic disease in past damage done to the patient's body—whether caused by a bad fall or a scalpel. Provocatively written and radical in its approach, *Doctors Are More Harmful Than Germs* challenges readers to rethink everything they believe about illness and how to treat it.

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